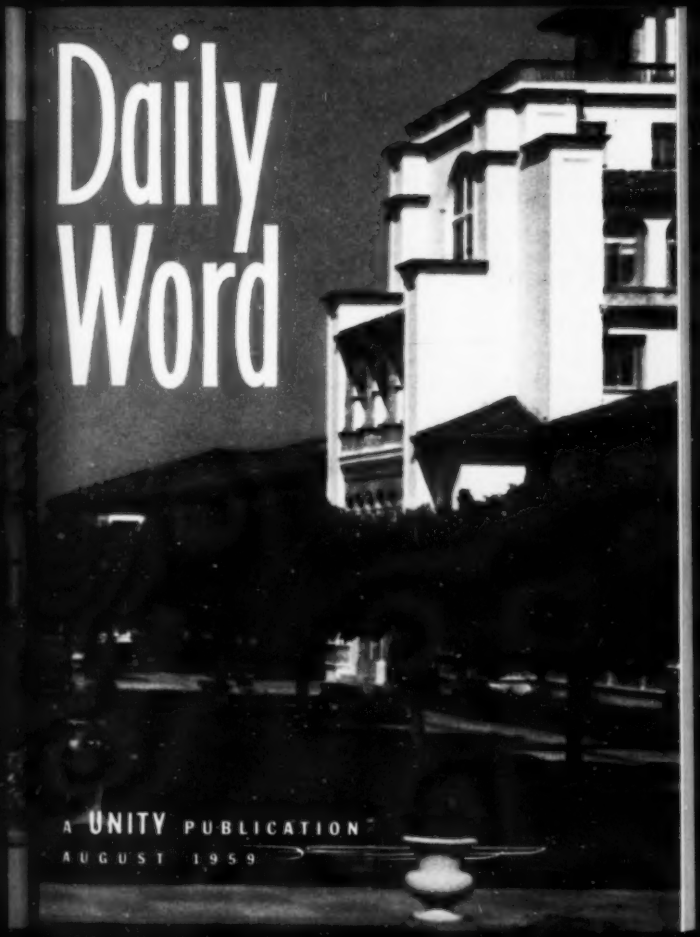
# Daily Word



A UNITY PUBLICATION

AUGUST 1959

# *Pray with Silent Unity*

PEACE . . . **Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.**

PRAYER FOR WORLD LEADERS: **Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.**

•

PRAYER FOR ILLUMINATION: **The clear, unclouded Mind of Christ is my source of wisdom and light. My way is revealed.**

•

PRAYER FOR PROSPERITY: **Through the Christ in me, my mind is clear, my ideas are productive, and my success is assured.**

•

PRAYER FOR HEALING: **The clear, unclouded Mind of Christ heals me. I am made whole in mind and body.**

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# DAILY WORD

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# *God Be With You*

R. H. GRENVILLE

Goodbye—God be with you!
Is there a finer thought
Or lovelier prayer than this?
If so, I know it not.

My finite human strength,
My anxious human heart,
Are comforted to know
God is in every part

Of His vast universe:
That neither deep nor high,
Tumult of angry sea,
Expanse of lonely sky,

Peril, or need, can keep
Each from His loving care—
I, where I must wait;
You, where you must fare.

# *The Mystery*

MARTHA SMOCK

HAVE YOU ever been reading a mystery story and suddenly you knew, in spite of complicated clues and misleading trails, what the end was to be, what the answer was to the mystery? Because you knew, as you continued to read, everything fell into place in your mind and the end of the story became crystal clear!

Have you ever been working a jigsaw puzzle and searched and searched for the right piece—when suddenly you found it, and then the whole puzzle fell into place as if by magic?

Our search for Truth and light sometimes finds us groping in the dark, searching this way and that, running into blind alleys, pursuing the wrong course. Then suddenly, sometime, somewhere, the light dawns, the Truth flashes on us, the mystery is solved. We see the crystal clearness wherein the Truth lies, wherein the answer to our seeking lies, wherein the meaning of life itself lies. The answer to the mystery is within us; it has been within us all the time! This is "the mystery which hath been hid for ages and generations . . . Christ in you, the hope of glory."

Charles Fillmore, the co-founder of Unity, once said to a friend, "Do you know what the most important words in the world are? 'Christ in you, the hope of glory'!"

In his years of seeking out the Truth, Mr. Fillmore had come to see that this was indeed the answer, the revealing of the mystery, the end of man's search for light and understanding—Christ in man, the hope of glory.

The coming of a Messiah had been prophesied for generations. The birth of Jesus was a fulfillment of prophecy; the way had been prepared for Him since the time of Abraham.

And yet Jesus said, "Before Abraham was born, I am." This only adds to the mystery, if we do not know who Christ is, where Christ is.

The coming of Jesus into the world was not the end of the mystery, though His birth fulfilled the prophesied Messiah. The end still remains hidden, the mystery still remains unsolved, until man discovers Christ within himself.

Where is Christ, where is the answer? Our eyes that have looked heavenward, our feet that have hurried from shrine to shrine, our ears that have strained for the sound of an angel's voice must at last turn inward. We must cease peering into the past and reaching out into the future. Here where we are is the Christ. Here where we

are is the holy of holies. Christ is within us, our hope of glory.

The Christ in us, the revelation of the Christ in us, is a secret between us and God. It is something that no one else can experience for us. Others may describe it in beautiful terms. They may tell us how light has come to them. But only we can experience in our own soul the indescribable wonder of the knowing that comes in the stillness, when we know that Christ is in us.

"Now are we children of God, and it is not yet made manifest what we shall be." Life is a concealment and a revelation. All along the way there are many things that do not seem clear to us, but in time, if we persist in our search, the light dawns, and we see the meaning of that which has heretofore been obscure to us.

Behind the puzzle of the appearance of things is the Truth. In all things is the Infinite. In every experience is the element of good. When we are aware of the Christ in us, when we have faith in and love the pattern of good that underlies and upholds all, the picture of life takes on meaning, the pieces fall into place, the mystery is solved.

The mystery, then, is Christ in us, our hope of glory! Once we see this clearly, it may seem an even greater mystery that we have not known it all along!

# *This Is Your Day*

L. Stevens Hatfield

How did this good morning find you? Happy? Radiant? Joyful? Thankful? When you first opened your eyes did you realize that a new day had been given you? Was your first thought one of thanks to God for the opportunities that were before you? Did you resolve to live this new day to the fullest, knowing that God prepared it for you? Did you see it with a new vision, a day when you could grow in wisdom, strength, and power, a day when new ideas could find expression through you? Did you say a prayer of thanks that you could do what you had to do today wisely, satisfactorily, and well, knowing that the Christ Spirit at the center of your being was mighty to erase worries and irritations that fretted you yesterday?

Did you realize that the past is gone and that your only concern with it is to have learned well the lessons it taught you? Did you realize that because of what you have learned you can face this new day with joyous expectancy, knowing that it will bring new life, peace, poise, and power to overcome all that you would overcome?

Remember today that your happiness does not

depend on people, places, or events. All the love that comes to you is the love that you have sent out to others. It is homeward bound! The joy that comes to you is the reflection of the joy in your own eyes, in your smile, and in your friendly greeting and handclasp. The laughter you hear is the echo of your own happiness, bubbling over from the heart of everyone you meet. The joy of knowing the presence of Christ within will strengthen and encourage you to meet life triumphantly.

Has the thought ever occurred to you that what you call your life is really not yours at all, but belongs wholly to God? He who brought forth your life from Himself is never separated from you, and you can never be separated from Him. In God you live and move and have your being. Within you His life is as a spring of eternal life, a fountain of youth, freshness, and vitality.

In this new day you do not have to solve your problems by your own personal wisdom. Through your mind you have contact with the intelligence of God, and this intelligence can be trusted to reveal the path to your individual good. You can do all things by the power of God working in and through you. When you let this God-power work through you, each task that you undertake will be done easily, perfectly, victoriously, without

strain, worry, or fatigue.

Pause at the beginning of each new day to consecrate yourself to the service you are giving, and you will come to know that all you do is governed by the Mind of Christ. You will be filled with the desire to give perfect service, to be a blessing to others. As you become absorbed in the conviction of God's nearness and help, the difficult becomes easy, the crooked is made straight, the rough places are smoothed, the obscure becomes bright and clear.

When Paul was in prison and in chains he wrote a letter to the Philippians in which he stated, "I know that this shall turn out to my salvation . . . according to my earnest expectation and hope." No matter how limited a present condition may be, expect it to yield a blessing to you.

Each morning start the day by giving something of yourself to all the world. When you awake, say, "Good morning. I love you." Say this in your heart to everyone, everywhere. As you start the activities of the day, keep that spirit of giving fresh in your mind. Greet your family with a cheery, "Good morning." As you go to your work or play, say to each person you meet—silently, of course, "The love of God expressing through me blesses you."

This is your day. Live it joyously and well. Live

it to the glory of God and the delight of yourself and your fellow man. Start today to empty yourself of every belief that any person or thing can limit or harm you. Forgive and forget any resentment that you may be holding. When you forgive, your own forgiveness is established.

Let yourself become a channel for the outflow of God's love. This day be about your Father's business. Be a power for good and a blessing to all.

As Moses spoke to the Children of Israel, "Consecrate yourselves today to the Lord . . . that he may bestow upon you a blessing."

## YOU NEED NEVER FEEL ALONE

Always, night and day, someone is at prayer in Silent Unity, and you can have these prayers for yourself or another at any time.

God never fails, and God is never farther than a prayer. Silent Unity prays with faith in the power of God and in the power of prayer.

You can reach Silent Unity by telegraph, Unity, WUX, Kansas City, Missouri, or BAltimore 1-4720, Kansas City, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

What one heart cannot bear alone, over a hundred loving hearts can bear with faith.

"Let not your heart be troubled."

"Lo, I am with you always."

*The following are excerpts from letters written to* DAILY WORD. *We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use* DAILY WORD *and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.*

*From New York:*

I make my living in an office in Manhattan. The "tune" of that office is not always pleasant, though I am trying to change it here and there. However, in my department there is an elderly woman whom I enjoy being around. I have often called her the counterbalance of my own sometimes flaring impatience. She is so considerate and kind. There is no one in the office who does not

speak well of her and respect her. And last Friday she pulled out of her handbag the DAILY WORD, to which she has subscribed for well over five years. So I grinned broadly, pulled out a matching copy of this little magazine, and we understood each other even better than before.

*From Texas:*

I must tell you how DAILY WORD came to my rescue. My sister uses my home as her permanent mailing address as she moves frequently in her work.

Since my one and only son had joined the Navy and was overseas, I could not seem to do anything but cry and grieve. Secretly I was afraid he would be killed and I'd never see him again. Every day was the same, I was sad and I grieved.

It had been quite a while since I had received a letter from my boy, and when the postman came on this morning I rushed eagerly to the mail box, only to find my sister's mail, which was her DAILY WORD. I automatically removed the wrapper and began to read. When I came to these lines, "Simply, quietly, and easily release your dear one and his welfare to the loving Father," I relaxed and closed my eyes. I repeated the written prayer and all of a sudden my heart was lighter. The fear was gone and in its place was faith.

# *Saturday*

## GOD IS WORKING THROUGH ME AND MY AFFAIRS TO MAKE ALL THINGS RIGHT.

I GIVE thanks for a perfect and divine adjustment of everything in my life that appears to be out of harmony or out of order. If some matter seems confused or misunderstood, I view it in the clear light of Truth. I affirm that divine wisdom and intelligence are dispelling doubt or uncertainty and are showing me the unmistakable way of solution and peace.

I do not retreat from meeting issues or from making decisions. Empowered by the Spirit within me, I meet all things with courage and with poise.

I know that the divine law of adjustment is at work in me and in my life; there is no reason for fear or anxiety. I step out boldly to do the things that I know should be done. Light shines before me to make my path bright. God works through me and my affairs to make all things right.

*For thou wilt light my lamp:*
*Jehovah my God will lighten my darkness.*
*For by thee I run upon a troop;*
*And by my God do I leap over a wall.*
—PSALMS 18:28, 29.

# *Sunday*

## I AM THE LOVING CHRIST SPIRIT WITHIN YOU.

I HAVE been with you from the beginning of time. I shall continue to be with you throughout eternity. If you will but tune your ear to listen to Me, I will guide you safely through every experience of life.

No matter how many times you may have stumbled along the way, I have forgiven you and put you back on your feet.

I surround you with My love so that you may have a feeling of security.

I am the loving Christ Spirit within you. Let Me heal your mind and your body. Let Me heal your heart when something troubles you. Turn your anxieties and your fears over to Me. I will give you peace.

I will harmonize and adjust all your reactions to life's experiences. You need not worry or fret. Go happily on your way. Accept Me as the constant, loving Presence with you, and I will not fail you. Learn of Me. Trust Me.

♣ *Jehovah thy God is in the midst of thee, a mighty one who will save; he will rejoice over thee with joy.* —ZEPH. 3:17.

# *Monday*



## I AM ENTHUSIASTIC ABOUT LIFE. I LIVE IT FULLY, FEARLESSLY, AND JOYOUSLY.

I AM ENTHUSIASTIC about life. I have a vital interest in the work I perform and I do not shirk the responsibilities that come to me.

Charles Fillmore once said: "Never repress the impulse, the force, the zeal welling up within you. Commune with it in Spirit and praise it for its great energy and efficiency in action. At the same time, analyze and direct its course. As zeal alone, it is without intelligence or discretion as to results. As Jesus taught His disciples and combined their various talents, so every man must grow in wisdom and zeal. You are not to repress but to guide the spirit of enthusiasm which, in cooperation with wisdom, will bring you happiness and satisfaction."

I do not let my enthusiasm run away with my good judgment, but I use a portion of my zeal in establishing the Father's kingdom within me. I channel my enthusiasm into helping myself as well as others. As I do this I daily attain a greater sense of freedom, joy, and fullness of life.

♣ *The zeal of Jehovah of hosts will perform this.*—ISA. 9:7.

# *Tuesday*

## I KNOW MYSELF TO BE GOD'S CHILD.

WE FREQUENTLY hear statements like these; perhaps we think these things ourselves: "I am restless." "I do like my work—it is not that—but I need a change." "My life is good, but I am not satisfied. Something is missing." What is the answer to man's restless seeking? Why does he need a change? Why is he unsatisfied? What is missing?

Man is so much more than he seems. When he realizes this, when he realizes that he is spirit, mind, and body, and that every part of him must be fulfilled, he sees that he needs more than outer things, he needs spiritual unfoldment.

When man gives attention to his spiritual needs, when he looks first to the divinity within himself for his happiness, outer things come into line. Man finds rest and security in recognizing his divine sonship. Man expresses all his power and his authority when he affirms his Christ heritage. Man is satisfied; man finds himself when he finds his relationship to God. Man is satisfied when he knows himself as God's child.

♣ *Jesus answered them, Is it not written in your law, I said, Ye are gods?*—JOHN 10:34.

# *Wednesday*



## GOD HAS GIVEN ME THE GIFT OF LIFE, AND I LIVE JOYOUSLY.

I GIVE THANKS for the gift of life. Perhaps thus far I have taken life for granted. But now I realize that without it, all other gifts would be meaningless. So, again and again, I give thanks to God for His gift of life.

Life comes to me as a quickening, energizing, healing stream. My part is to let it flow freely through my mind and body. As I do this, my entire being is rejuvenated, and I enter into a new realization of health, strength, and vitality. I am alive with the life of God! If conditions arise that cause me to feel weak or discouraged, I claim a fresh inflow of this life-giving stream and I am strong again. A new song of rejoicing rises to my lips, and every heartbeat takes up the glad rhythm as I affirm: "God has given me the gift of life, and I live joyously!"

I continue in this realization. God's gift cannot diminish, fade away, or be lost; for He has declared His purpose for me, and for all His children: "That they may have life . . . abundantly."

*He asked life of thee, thou gavest it him.*
—PSALMS 21:4.

# *Thursday*

## WE REJOICE IN DIVINE ORDER IN WEATHER CONDITIONS AND A RICH INCREASE IN THE LAND.

ORDER IN weather conditions and prosperity in the land are so closely allied that when we pray for one we pray for both. We know that order in the weather means a perfect balance in nature and a control of destructive forces. These same blessings assure the land of a rich increase.

As we meditate on the following verses from Deuteronomy it is easy to rejoice in divine order in weather conditions, and to envision prosperity in the land: "Jehovah thy God bringeth thee into a good land, a land of brooks of water, of fountains and springs, flowing forth in valleys and hills; a land of wheat and barley, and vines and fig-trees and pomegranates . . . a land wherein thou shalt eat bread without scarceness, thou shalt not lack anything in it; a land whose stones are iron, and out of whose hills thou mayest dig copper. And thou shalt eat and be full, and thou shalt bless Jehovah thy God for the good land."

♣ *For Jehovah thy God bringeth thee into a good land.* —DEUT. 8:7.

## GOD ALWAYS HELPS.

WHEREVER you are, whatever your need may be, God is always at hand to help you. Never think you are alone. God abides with you, and His purpose is to strengthen and help you. He never forgets or fails. Furthermore, His timing is always perfect; and just at the right moment and in the right way, He meets your need. God always helps.

God helps you with daily guidance. His word is a lamp unto your feet. He clears your vision, enabling you to see all persons and things in the light of Truth. If you need more supply, God opens new channels or reveals ways for using what you have to greater advantage. God restores you to health and wholeness, and if your heart is troubled, He imparts to you His comfort and peace. In all your needs God understands and cares. Nothing that is for your good is ever overlooked. God always helps.

God is ever ready to help you. Trust Him fully. Meet every situation with the declaration: "The Lord is my helper; I will not fear."

*My heart hath trusted in Him, and I am helped.*
—PSALMS 28:7.

# *Saturday*

## I WILL NOT CRITICIZE OR CONDEMN ANYTHING OR ANYONE THIS DAY.

ALL OF US want to feel free; we want to have peace of mind; we want to experience joy in living. But sometimes we think that it is impossible for us to have more than a half-measure of the kind of life, inner and outer, for which we long. So, we continue in the old ways of thinking and acting and do not lay hold of and claim freedom, peace, and happiness for ourselves now.

One way of stepping out of old ways into new ways is to take an idea and live with it, think about it, practice it, prove it for one whole day. One such day can revolutionize a whole life!

Today take the affirmation, "I will not criticize or condemn anything or anyone this day," and follow through on it. Whenever you are tempted, even in your thoughts, to criticize or to condemn, say, "No, I will not do this. I bless you. I behold God in you."

Try this today. See for yourself the blessings to be gained.

♣ *Love . . . taketh not account of evil . . . but rejoiceth with the truth.*—I COR. 13:4, 5, 6.

## I LET GO OF THE FEELING OF DEPENDENCE ON PERSONS AND DEPEND ON GOD ALONE.

IF WE would be strong, independent, and secure, we can become so, paradoxically enough, by becoming more dependent on God. Most of us do not like to feel dependent on other persons; we want to be able to stand on our own feet. But when we try to stand alone, when we feel that we face the world alone, then it is that we are on the defensive, that we feel lost and separated from the good we long to possess.

The strength we want is an inner strength. This strength comes out of the sure knowledge that we are not alone, that God's Spirit is in us, that there is a power with us that is greater than our human thoughts, our human efforts.

If we find ourselves depending on other persons for our good, let us turn to the one source, God, and depend on Him. As we live in the conviction that the Spirit of God is mighty in the midst of us, we discover new depths of strength within us. We discover wherein our real strength lies and we are able to stand fast.

*God is our refuge and strength.*
—PSALMS 46:1.

# *Monday*

## GOD OPENS DOORS WHERE THERE SEEMS TO BE NO DOOR. WITH GOD THERE IS ALWAYS A WAY.

TIME AND again every one of us has proved in his own experience that with God there is always a way. Modern-day miracles of healing, of guidance, of provision are constantly occurring—to people everywhere, in every walk of life. Why? How?

Why? Because the very nature and will of God is good. God's will for us is abundance in every sense of the word—abundance of health, abundance of joy, abundance of supply. How do we claim this abundance? We claim it through our faith in God.

It does not matter what our need of the moment may be. It does not matter how blocked our path. It does not matter what someone else has predicted. With God there are no closed doors. With God there is always a way. We are to believe this, to hold out welcoming minds and hearts and hands to God, to life, and to our good.

♣ *O the depth of the riches both of the wisdom and the knowledge of God! how unsearchable are his judgments, and his ways past tracing out!*—ROM. 11:33.

## GOD IMPARTS NEW STRENGTH TO MY HEART, AND I ABIDE IN WHOLENESS AND PEACE.

"HE SHALL strengthen thine heart." I give thanks for the fulfillment of this promise. Day by day, moment by moment, God strengthens my heart and imparts all things needful for its perfect functioning. God makes my heart sound and strong.

"He shall strengthen thine heart." If disturbing thoughts concerning my heart should arise, I remind myself of this promise. I know that my heart is more than a physical organ. It is a vital center through which the all-powerful love of God finds entrance and radiates to all parts of my being. Therefore, instead of becoming disturbed, I claim a fresh inflow of divine love. As I claim God's love for myself, I feel it flow through me as a mighty cleansing, strengthening, healing stream. Quickly my heart responds. All thought of fear, weakness, or disease is cast out. My heart is healed. It takes up its perfect functioning, with a beat that is strong, steady, and sure. I abide in wholeness and in peace.

*Be of good courage, and he shall strengthen thine heart.*
—PSALMS 27:14 (A.V.).

# Wednesday

## I AM WILLING TO CHANGE. I AM READY FOR NEW IDEAS.

WITH ALL the force of my imagination, with all the faith of my heart, with all the energy of my being, I affirm my willingness to change and I welcome new ideas.

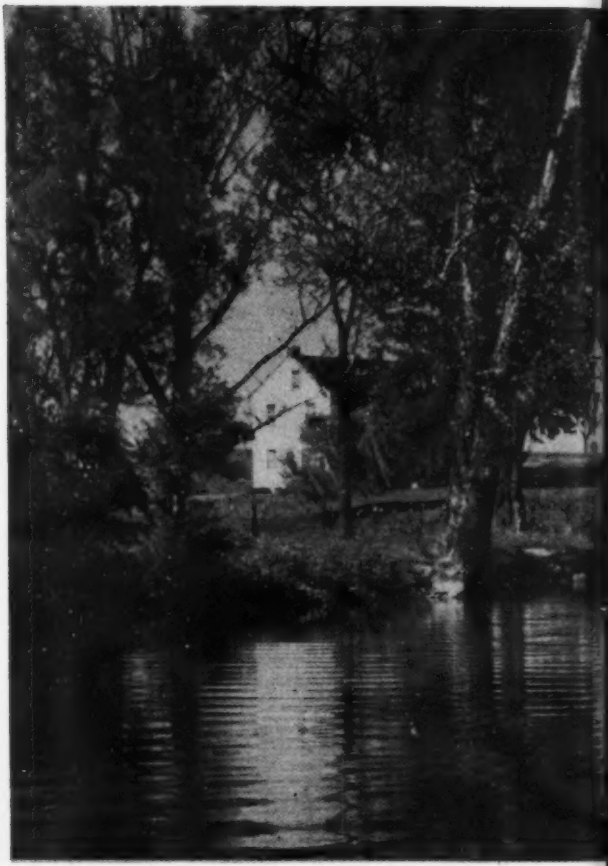
In the quietness of prayer I gather strength. In the silence of my soul I speak with my Lord and Creator. "I am willing, I am ready, Lord. Fill me now with the breath of Your Spirit. Quicken me now in mind and in body. Send Your light and power and life surging through me."

I am willing to change, I am willing to grow. What is past is past, and I let it go without remorse or regret. I am willing to emerge from the old into the new. I rejoice that before me lies a boundless horizon. Ahead of me stretches a path of joy, a way of growth and unfoldment.

I rejoice, too, in the opportunities that are mine this very day, in these twenty-four hours, to think, act, and live from a new level of faith, love, and understanding.

I am willing to do God's will.

♣ *If any man willeth to do his will, he shall know of the teaching.*—JOHN 7:17.



# SHADOWED POOL

ELLUANNE TERRILL

Beside a shadowed pool, one day
I watched a leaflet fall,
And curve into the crystal depths;
The merest wisp, T'was all.

But, lo, the tiny leaflet
Left its presence there behind.
Tale-told in rippled surface,
Like a thread of thought on mind.

Perhaps small faith could permeate
My heart, if when I pray,
I am as sure, as still and calm,
As muted, as the pool that day.

# *Thursday*

*AUGUST 13*

## THE POWER OF DISCERNMENT IS QUICKENED IN ALL MEN.

IF SOMEONE questions you, "Is what I am doing wrong? Am I conducting my life in a wrong way?" how do you answer him? Is it not always wise to help him to see that he has within himself the power of discernment, and that by the use of this power of discernment he can decide for himself what is right and what is wrong?

We cannot know all that is in another person's experience. We cannot know all that he needs for his spiritual growth. We can know that he is God's child. We can pray with him and help him to understand the power there is in prayer. We can help him to see that he can go directly to God for the answers to his questions.

The power of discernment within him—which is another way of saying the divine intelligence within him—will reveal to him the things that are important, the things that are good, the things that he should do. The power of discernment will reveal to him the way of happiness.

♣ *If thou cry after discernment . . . Then shalt thou . . . find the knowledge of God.*—PROV. 2:3, 5.

# Friday

## NOTHING IS LOST IN SPIRIT. THAT WHICH IS MISSING IS FOUND. THAT WHICH IS HIDDEN IS REVEALED.

SILENT UNITY receives many requests for prayer help in locating missing articles, for finding lost papers, credentials, or keys, and for the return of pets that have strayed from their homes. These requests are given faithful attention in our prayers, for we know that such matters can be of great importance.

In answering each request, our first suggestion is that the person asking our help become still and know, "Nothing is lost in Spirit." There is but one mind, the Mind of God, and conscious unity with this Mind will reveal to each person all that he needs to know. If outer steps should be taken, if he needs to contact certain persons, if his memory needs quickening, the one Mind will inspire, direct, and quicken him.

If you are looking for something, still your fears, and hold to the thought that nothing that is yours can be taken from you. You cannot be separated from your own good.

♣ *Rejoice with me, for I have found the piece which I had lost.*—LUKE 15:9.

# *Saturday*



## I THANK GOD FOR THE SPIRIT OF LOVE AND OF POWER THAT HE HAS GIVEN ME.

SOMETIMES we become fearful. The appearances of evil overwhelm us. Our heavenly Father seems very far-off. But there is nothing to fear. God is Spirit, and with the spiritual gifts He has given us we need never fear anything.

Paul was well aware of God's great gifts. He told us that God has not given man the spirit of fear. He said that God's gifts include the spirit "of power, and of love, and of a sound mind." This is what we need to remember.

If God has given us the spirit of power, what evil can prevail against this power? If God has given us the spirit of love and of a sound mind, what is there to dread? Out of these great gifts comes everything that is vital to man's welfare and happiness. So let us return thanks. Instead of ever again being afraid, let us thank God for the spirit of love and of power that He has given us. Let us thank God for the gift of a sound mind that can appreciate the value of these blessings.

♣ *God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*—II TIM. 1:7 (A.V.).

# *Sunday*

## I LOOK TO GOD, AND HE GUIDES ME TO MY HIGHEST GOOD.

I GIVE thanks to God for guidance. Wherever I go, whatever I do, I am aware of divine direction. As I look to God, He guides me to my highest good.

God's guidance is always available. Therefore, I do not wait until a situation gets out of hand before I turn to God. As I start a new day, or enter on a new activity, I look to God for direction, and He points the way. If a problem arises, God will guide me in handling that problem. If obstacles strew my path, God reveals the way to overcome the obstacles. When perplexities and disappointments might lead to frustration and despair, God shows me the way to make life orderly, purposeful, and productive.

God guides me, but I must be receptive to His guidance. God's wisdom in me says: "This is the way." I walk in that way with this song ever upon my lips: "Where He leads me I will follow." And God always guides me to my highest good.

*Guide me in thy truth, and teach me;*
*For thou art the God of my salvation.*
—PSALMS 25:5.

# *Monday*

## I EXPRESS MYSELF CLEARLY AND EASILY.

WE SPEAK of certain persons as having a way with words, and we admire them for being able to translate their thoughts into clear, understandable language. Yet there is no reason why anyone of us cannot express himself clearly.

If you are led by the spirit of wisdom to give expression to some idea, it is right for you to do so. If you want to discuss some matter with a loved one or a friend, bless yourself with the thought that you are now able to speak from a loving heart and a clear mind. Do not feel that what you have to say is unimportant or foolish.

If you are called upon to lead a group in prayer, give a lesson, introduce a speaker, or make a talk, prayer will see you through. Prayer will give you the poise you need, the calm spirit, the ease of speech, the radiance of countenance. Depend on the power of prayer and you will be able to express yourself. Whenever you have the urge or need to put your thoughts into words, declare: "I express myself clearly and easily."

♣ *Let him that speaketh in a tongue pray that he may interpret.*—I COR. 14:13.

# *Tuesday*

## I RECONSECRATE MYSELF TO FOLLOWING THE CHRIST.

WHEN I find myself attempting to lay down rules for other persons to live by, I remember that Jesus said to Peter: "What *is that* to thee? follow thou me."

Now, there are instances in which I find myself responsible for helping another person. In caring for a child, in giving instruction, or in teaching, I am naturally in a position to guide and to direct. But I am most likely to inspire others by setting up rules of conduct and abiding by those rules myself. When I conform to the spiritual laws that bring me peace and well-being I am encouraging other persons to conform to these same wonderful laws. Others, seeing the good I gain, want to do likewise for themselves.

So, whenever I am tempted to lay down rules for others to live by, I put myself in Peter's place, and I seem to hear Jesus say, "What *is that* to thee? follow thou me." Then I put thoughts of condemnation or criticism out of my mind, and I keep occupied with the improvement I am desirous of making in my own life and affairs.

♣ *What* is that *to thee? follow thou me.*—JOHN 21:22.

# *Wednesday*

*AUGUST 19*

I HAVE FAITH IN GOD, THE CREATOR. I KNOW THAT THE ETERNAL PATTERN OF LIFE REMAINS UNCHANGED AND UNBROKEN.

IN OUR human experience changes come that seem devastating and final. But these changes are of the finite; the infinite is unchanging. When life seems to cease, we need to remember that beyond our human ability to know and to see stretches the divine love, the divine life, the divine perfection.

Human life may seem to come and go, but divine life never ceases, it is eternal. Human love may seem to change or fail, but divine love surrounds and infolds us and keeps its vigil eternally.

When in our experience we pass through the "valley of the shadow of death" let us look up, let us see the eternal light behind the shadow, let us see the eternal life beyond the appearance. Let us know that the eternal pattern of life remains unchanged and unbroken. We live in eternity, for we live in God, now and forever.

*Yea, though I walk through the valley of the shadow of death,*
*I will fear no evil; for thou art with me;*
*Thy rod and thy staff, they comfort me.*

—PSALMS 23:4.

# *Thursday*

## I CULTIVATE THE SPIRIT OF PRAISE.

SINCE GOD abides in all things there is never a lack of something to praise, even in the most trying situation or circumstance.

A woman, almost completely crippled with arthritis, read somewhere about the power of praise. "What is there for me to praise?" she thought, ironically. Then it came to her that one finger remained free of pain and distortion. So she began by praising the divine wholeness of that one finger. As she contemplated this, other blessings came to mind: her abundant supply, her loving family, the music she could hear, the books she could read, the view from her window. In time she became so steeped in praise that gratitude and love awoke in her, and she was completely healed.

Undoubtedly this healing came about because she was placing her attention on the good, on the real, on God. Let us cultivate the spirit of praise. Then our eyes will be open to the perfection that is everywhere present.

*Thou, Lord, art good . . .*
*And abundant in lovingkindness.*
—PSALMS 86:5.

## MY NEEDS ARE SUPPLIED ACCORDING TO GOD'S RICHES.

HAVE YOU prayed about the position you would like to have, the house you desire to rent, the property you are considering buying, the possibility of investing money?

If you have, you know that your needs will be supplied "according to his (God's) riches." If you have prayed about a position, you will be guided to the right place at the right time and you will find interesting, rewarding work. If you have prayed about a house to rent, or property to buy, you will be quickened to recognize the house you can make a home, the property that will fulfill your requirements. If you have prayed about investing your money, you will make right contacts, choose wisely, be just in your dealings, and other persons will deal justly with you.

Prayer opens our eyes to opportunities, prepares us for ever-increasing good, stimulates us to keep faith. Prayer assures us of supply, not according to some limited concept of wealth, but according to God's riches.

♣ *And my God shall supply every need of yours according to his riches.*—PHIL. 4:19.

# *Saturday*

## GOD SATISFIES MY LONGING SOUL, AND FILLS MY LIFE WITH HIS GOOD.

WHAT OUR soul craves is not stimulants or tranquilizers or anything else that covers over temporarily our unquietness of spirit. Our soul craves Truth and light, craves an inner sense of rightness and justice, craves a feeling of worth and approval. Our soul is not satisfied with emptiness in any form—empty words, empty lives, empty hopes. And our soul is right in its craving.

If we feel indefinable longings within us, if we feel restless and dissatisfied, it is because there is something greater in us that is seeking expression through us. God's Spirit is in us whether we are aware of it or not. But it is as we consciously acknowledge that God is in us, that His Spirit is in us, that we begin to sense the power within us. God satisfies our longings as we let His Spirit take over in us, as we open our being—heart, mind, and soul—to Him.

God fills our life with His good.

*For he satisfieth the longing soul,*
*And the hungry soul he filleth with good.*
—PSALMS 107:9.

## AS I LOOK TO GOD, I AM LIFTED INTO NEW AND JOYOUS EXPERIENCES.

"BE YE lifted up!" This is the message we need when life's experiences cause us to become disturbed, depressed, or discouraged. When we find ourselves saying, "Why art thou cast down, O my soul?" there is need for lifting up.

But how can we be lifted up? We are lifted up by turning away from negative appearances and directing our thoughts to God. "Look unto me," is the divine invitation, and as we respond, we are lifted into a realization of our oneness with omnipotent good. Lifting power is also found in strong words of Truth. "When they cast *thee* down, thou shalt say, *There is* lifting up!" Therefore, boldly affirm: "I am no longer held down by negative thoughts or conditions. Through the power of God in me I am lifted up."

As we are lifted up in this way, we find our freedom. We find new joy.

*Lift up your heads, O ye gates;*
*And be ye lifted up . . .*
*And the King of glory will come in.*
—PSALMS 24:7.

# Monday

I SURRENDER TO GOD, THE LIVING POWER WITHIN ME, AND I REJOICE IN THE KNOWLEDGE THAT HIS WILL FOR ME IS UNFAILINGLY GOOD.

How is the mind healed of its doubts and fears, its tensions and anxieties, its conflicts and confusion? Surrender is the key idea—not giving up or giving in to hopelessness or defeat, but surrender to God, the living power within us.

To surrender self to God is to find God. To surrender our life into the larger life of God is to find life indeed.

When we let go and let God have His will and His way in us, when we say in faith, "Not my will but thine be done," we open the windows of our mind and soul to light and peace and Truth. What we cannot do, God in us can do. What we cannot resolve, God in us can resolve and perfect. What we cannot conquer through will or might, God in us can conquer through love. In surrendering ourselves to God we let go of the lesser and lay hold of the greater.

♣ *Let every soul be in subjection to the higher powers: for there is no power but of God.*—ROM. 13:1.

## I HAVE FAITH IN THE DIVINE LAW OF LOVE AND JUSTICE.

WHEN WE rest in the sure conviction that our justice is established in God, we have no fear about the outcome of any situation. The justice of God is above man-made law; it is beyond human concepts of justice. The justice of God is love in action.

Whenever we are tempted to believe in injustice, to think that someone or something can keep our own from us, let us remember that our own comes to us from God and is established for us forever through the power of love.

We hasten the outworking of justice in any situation by keeping our faith centered in God's love and by declaring and affirming that the divine law of justice is at work. As we pray and affirm divine justice, we complete the perfect circle of prayer by making our prayer one of love also. Love establishes justice; love makes itself felt in us and through us as justice in action.

*For the word of Jehovah is right;*
*And all his work is* done *in faithfulness.*
*He loveth righteousness and justice.*
—PSALMS 33:4, 5.

# Wednesday

## GOD GIVES ME STRENGTH SUFFICIENT TO MEET EVERY DEMAND.

GOD GIVES me strength. I start the day with this realization. God not only gives me the new day, but with it He also gives me strength sufficient to meet all the demands of the day. This God-given strength penetrates and permeates every nerve and fiber of my being, so that I am "strong in the Lord, and in the strength of his might."

This realization helps me throughout the day. Whatever I am called on to do, His strength is always my strength. If tasks or problems seem too great for my powers, I say quietly: "God gives me strength." This strength enables me to rise out of any disappointment or hurt feelings. Should I falter or grow weary, I recall the promise: "They that wait for Jehovah shall renew their strength." The answer comes quickly, and I am filled with new courage and confidence.

When evening comes, I am thankful and joyous for I find rest and peace in Him who is the strength of my life.

♣ *Be strong in the Lord, and in the strength of his might.*—EPH. 6:10.

# *Thursday*



## "BE OF THE SAME MIND; LIVE IN PEACE."

IF I HEAR myself saying, "This person does not understand me," or, "I do not seem to be able to feel close to this one," I realize that I need to pray about myself. The feeling revealed by such remarks is a feeling that does not make for happiness.

How can I come into perfect understanding with my family, my friends, and my co-workers? How can I feel close to those around me? I can find perfect understanding and enjoy a closeness of spirit most easily by recognizing that there is but one mind, the Mind of God. When I realize this, I realize that understanding is possible—I can understand others, and others can understand me. Perhaps there is a need to talk things over; perhaps there is a need for flexibility on the part of all concerned; perhaps there is a need for loosening of bonds. Prayer will help me find my way back to the understanding that is desired. When I have understanding I shall be able to live in peace and share in a closeness that is not binding but freeing, not smothering but satisfying.

♣ *Be of the same mind; live in peace.*—II COR. 13:11.

## I PRAY WITHOUT CEASING.

SOMETIMES our life is like a desk drawer. We make a mental file for this drawer and we place in this file all that pertains to special subjects. We place God, religion, and prayer in one file and we mark that file: "Use on Sunday only." Or we mark it: "Use in case of emergency." Perhaps we add: "To be used in relation to special things."

In reality God, religion, and prayer should never be filed away at all. Certainly never marked for use on Sunday only, in emergency, or to be used for very special things. Our God is to be loved and consulted constantly. Our religion is to be lived every day. Our prayers are to be as the breath of life, as much our attitude as our spoken word.

When we use God, religion, and prayer without ceasing, we bring order right into our lives and affairs. As we dispose of any mental reservations we have made on the use of God, religion, and prayer, there will be no place in our life where the effect of this practical application of Christianity will not be felt.

♣ *Pray without ceasing.*—I THESS. 5:17.

## I PREPARE MYSELF FOR CONSTANT GROWTH BY BUILDING NEW INTERESTS INTO MY LIFE.

DURING OUR school years we eagerly prepare ourselves for graduation, for entry into special fields of service, for marriage, and for raising a family. Later many of us start looking forward to retirement. There are plans, places, and funds for retirement. And in many instances people do just that. Retire! Actually what we want is to prepare for constant graduation into new and useful ways of life.

Graduation, educationally speaking, means commencement. And at "retirement age" modern man is truly just commencing. So if we are thinking toward this "graduation" we should prepare ourselves for constant growth by building new interests into our life. The interests we had in the past may not suffice in the present. But there are new interests waiting for our investigation. As we remember this, and examine ourselves to be certain we are preparing for growth, it will be easy to transform any thought of retirement into a thought of graduation.

♣ *He that gathereth in summer is a wise son.*—PROV. 10:5.

## GOD IS HEALING ME NOW.

THERE is only one life, God life. This is the life out of which I was created. This is the life that fills me now. This is the life in which I have my being.

I trust the God life within me to heal me, to perfect me, to recreate and restore me. I know that the will of God in me is wholeness. I know that there is no condition impossible or incurable with God.

I erase the picture I have had of myself as weak, sick, diseased, or lacking in life. I get a new vision of myself as a spiritual being—spiritual in substance, alive and perfect with the life of God. I let this life idea grow and unfold in my mind until it is increased and magnified in me. I let the healing work of God be done in me and through me.

The healing I seek is inherent in even the least cell of my body; perfection is hidden within me. I open my heart, mind, and spirit to the one healing life and I feel the flow of healing power. I touch the current of life. I am healed.

♣ *Go thy way; as thou hast believed,* so *be it done unto thee.*—MATT. 8:13.

# *Monday*



YOUR MINDS ARE NOW OPEN, YOUR HEARTS ARE RECEPTIVE, AND MIRACLES ARE HAPPENING THROUGH YOU FOR THE GOOD OF ALL MANKIND.

THE PRAYER for today is a prayer for world leaders. When we remember that the words we are reading are being read in English, Spanish, French, German, Portuguese, Swedish, Finnish, and in Italian, we realize how inclusive our prayers are. In our oneness of faith and purpose a wonderful work is done.

As we pray for the leaders of all nations, let us release any thought of condemnation. Let us not sit in mental judgment on any person or group of persons. It is not necessary for us to say how problems should be solved or how conditions should be handled. It is enough for us to know that the minds of those in charge of world affairs are opened to the good, and their hearts are receptive. Through their open minds and receptive hearts miracles can happen. Where there was no understanding there can be accord. Where there was no peace, there can be perfect peace.

✤ *The peace of God . . . guard your hearts and your thoughts.*—PHIL. 4:7.

# FREE BOOKLET
## Of Healings through Prayer

Healing through faith and prayer has always been a very important part of Unity's ministry, and it is inspiring to those in need of new health to read the true accounts of persons who have overcome some physical condition through prayer.

The Unity booklet *Health is Catching* is published especially to present these true accounts of healing, in the own words of the men and women who experienced them. There are more than twenty inspiring accounts, telling of healings of every sort of condition. The booklet also includes Myrtle Fillmore's article "There Is No Incurable Disease."

If you would like a copy of the free booklet *Health Is Catching*, for yourself or a friend, just request it from Unity School of Christianity, Lee's Summit, Missouri.

*Unity Sunday-School Leaflet*

The *Unity Sunday-School Leaflet* is an invaluable aid to all who are trying to guide teenage young people to a better understanding of God. It includes the Bible text with complete explanation and interpretation, and a special guide for teachers. A full year's subscription to the *Leaflet* is $2.

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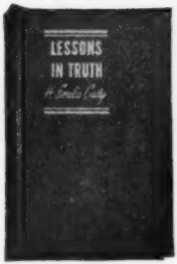
*Announcing*

# LESSONS in TRUTH WEEK

## September 14-20, 1959




Now is the time for you to find new health, new prosperity, a fuller and richer life in every way. Thousands of people all over the world will be studying H. Emilie Cady's powerful book *Lessons in Truth* together during Lessons in Truth Week, and you will find it a tremendously rewarding experience to be a part of this great current of prayer thought and affirmation.

One man and wife write: "We were faithful to our study during Lessons in Truth Week and received both inspiration and help for vital problems that have been troubling us."

You are invited to join in this year's observance of Lessons in Truth Week, September 14 through 20. All you need is your own Bible; a copy of the book *Lessons in Truth,* priced at $2; and the special *Lessons in Truth Study Guide,* which you will receive free of charge when you order *Lessons in Truth.* (If you already have the book, Unity will be happy to send you the *Study Guide* free on request.)

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# wee wisdom
## HAS 66th BIRTHDAY

This month *Wee Wisdom,* Unity's Truth magazine for boys and girls, observes the 66th anniversary of its founding. It is the oldest children's magazine in continuous publication in the United States, originated by Myrtle Fillmore to provide reading both wholesome and fascinating for children.

As usual, the August number of *Wee Wisdom* will be a special birthday number, featuring stories and poems by the magazine's young readers. The August number will also contain the first installment of a new serial, "Serilda's Shining Star," by Olive Rambo Cook. This is the story of a little pioneer girl and her beautiful horse. And, of course, the August number will have exciting short stories showing Truth in action and all the regular features, clubs, and things to do.

Now is the perfect time to begin a *Wee Wisdom* gift subscription for some child you know, especially some child who is having a birthday. He can celebrate right along with his new magazine. Subscriptions for *Wee Wisdom* are only $2 a year, so order today and ask that they begin with the birthday number.

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# *Definition of Unity*

**MARCUS BACH**

It is the Word of Christ made new again,
The Spirit of Christ reborn again;
It is the will of Christ revealed again,
The Mind of Christ restored again;
It is the faith of Christ returned again,
The law of Christ affirmed again;
It is the love of Christ relived again,
To help man find himself again,
The self that is one with God.